

Essential Fatty Acids Plus (Vitamin F)

Description:

Essential fatty acid molecules are considered essential because the body can not produce them. They must be supplied through the diet or a dietary supplement. The three essential fatty acids, named linoleic, arachidonic and alpha linolenic play important roles in the function and integrity of cellular membranes, and act as precursors of chemicals that participate in the regulation of blood pressure, heart rate, blood clotting, and fat metabolism. Essential fatty acids also help support a healthy cardiovascular, and central nervous system and help support healthy blood cholesterol levels.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Directions For Use: Take 1 capsule 2 times per day.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

ESSENTIAL FATTY ACIDS PLUS DIETARY SUPPLEMENT

60 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 60

Amount Per Serving:		% Daily Value
Black currant seed (Ribes nigrum seed, std 17% gamma-linolenic acid)	500mg	*

Other Ingredients: Gelatin.

*Daily Value not established

Essential Fatty Acids Plus is free of wheat, corn, dairy, sucrose, starch, salt and yeast.



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Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St. SW
Washington DC 20204

Statement of Nutritional Support - **ESSENTIAL FATTY ACIDS PLUS**
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as: **ESSENTIAL FATTY ACIDS PLUS**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:

"Essential fatty acid molecules are considered essential because the body cannot produce them. They must be supplied through the diet or a dietary supplement. The three essential fatty acids, named linoleic, arachidonic and alpha linolenic play important roles in the function and integrity of cellular membranes, and act as precursors of chemicals that participate in the regulation of blood pressure, heart rate, blood clotting, and fat metabolism. Essential fatty acids also help support a healthy cardiovascular system, a healthy nervous system, and healthy blood cholesterol levels."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **ESSENTIAL FATTY ACIDS PLUS**

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

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